

MONDAY: (1) Do you know the meaning of the expression to carry coals to Newcastle?" (2) This phrase refers to doing something, which is clearly superfluous. (3) Newcastle is an English city where coal is mined therefore to take coals to such a city is unnecessary.

TUESDAY: (1) Charles Dickens wrote his famous novels, during the Victorian Age in England. (2) His family was poor and as a boy he had to work in a shoe-polish factory. (3) The miserable working conditions effected Dickens deeply. (4) He drew on these experiences. (5) For some of his stories about the mistreatment of children. (6) The suffering of the hero of the novel David Copperfield reflects Dickens's own life.

WEDNESDAY: (1) There's a number of dieting tips that may help you if you ever want to lose weight. (2) Serve yourself smaller portions, and put them on small plates so that the servings will seem large. (3) Put your fork or spoon down between mouthfuls so that you will eat slow. (4) Drink a glass of water before each meal, water has no calories, yet it makes your stomach feel full.

THURSDAY: (1) Does your heart pound when youre on the observation deck on the sixtieth floor of a skyscraper. (2) You could have a mild case of acrophobia—the fear of heights. (3) Phobias are irrational fears that can be so strong that people who have them can't lead normal lives. (4) Other such fears are claustrophobia, fear of enclosed places, and hydrophobia, fear of water.

FRIDAY: (1) Most broken bones because of car accidents falls and sports injuries. (2) A fracture it is a break or a crack in a bone. (3) In a simple fracture, the bone doesn't break through the skin. (4) In a compound fracture the broken bone breaks the skin, and infection is possible.